



## 5.1 Crumple Away Your Cares Monday

### What.

An activity helping participants identify and manage the challenges in their daily lives.

### Why.

Everyone is affected by stress and at one time or another it can feel very overwhelming. With the right tools, we can learn to manage stress before it impacts our health.

### How.

Make sure each participant has something to write on. Five minutes before ending your class or session, ask the group to think about the things in their lives that are currently stressing them out. Have them write a word or phrase describing these things on a scrap piece of paper or post-it note. Once the participants are done writing, take five mindful breaths as a group. As they leave the room, instruct participants to rip, crumple, tear up and trash their papers – (and their stress) – and to think of one positive emotion to counteract the anxiety they feel.



### Tip

Increasing our understanding of stress and of which triggers lead to an emotional episode can have a direct link to how we constructively manage them.

### Core Competencies

Self-Awareness  
Self-Management

### Materials

Post-It Note or scrap paper

### Time

5 minutes



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### DIVE DEEPER

- Stop each participant at the door and have him or her set an intention to help deal with their stress as they transition to their next activity.
- Ask each participant to think of a negative thought they would like to let go of. Ask them to take a deep breath and breathe out as they imagine the thought leaving their bodies with their breath.